PARAMOUNT FITNESS
Elliptical Model 6.85E
Owner's Manual

PARAMOUNT
INNOVATING FITNESS

REV 2 0209

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Safety Warnings

All precautions should be taken to minimize the risk of injury and to prevent damage to the equipment. Read the entire Owner's Manual before using the elliptical and always observe the following safety precautions.

SERIOUS INJURY CAN OCCUR ON THIS MACHINE IF PRECAUTIONS ARE NOT OBSERVED. READ ALL INSTRUCTIONS BEFORE USING THIS ELLIPTICAL.

TO REDUCE THE RISK OF ELECTRIC SHOCK ALWAYS DO THE FOLLOWING:

1. Before performing any maintenance, unplug the power supply from the wall [if so equipped].

2. The coil on the generator / brake of this machine is capable of producing 400 Volts AC when the machine is being used. DO NOT attempt to service the brake or the lower control board while the unit is being used.

1. Keep children away from this machine. Supervise use by teenagers.

2. Obtain instruction and/or refer to the manual before using. Read all warnings before using.

3. Stop exercising immediately if you feel pain, become dizzy, faint or short of breath.

4. Obtain a medical exam before beginning an exercise program.

5. Heart rate monitoring systems may be inaccurate. Over exertion may result in serious injury or death.

6. To avoid falls or injury, use extreme caution when stepping onto or off of the foot pedals.

7. Keep all body parts, hair, clothes, towels and headphone cables clear of moving parts. Bystanders should stay clear of the front sides and rear of the elliptical when the unit is in use to prevent inadvertent contact with the moving handlebars or foot lever assemblies.

8. DO NOT use if the machine appears damaged or inoperable. Report problems to staff.

9. Only use the elliptical for its intended use as described in this manual. Do not perform any modifications to the elliptical.

10. The elliptical must be in position to operate smoothly and allow appropriate entry and exit from the machine. Make sure that there is at least 1 meter (39 inches) of clearance behind the elliptical.

11. Max. user weight: 400lbs/182kg

12. Make sure that the elliptical is in a dry location before operating or connecting to power [if so equipped]. Do not use the elliptical outdoors.

1. Do not attempt any maintenance procedure unless you are qualified and properly equipped. Otherwise, contact a service technician to service your elliptical.

2. Be careful not to pinch your fingers when removing the covers or working on the drive mechanism.

3. Make sure that the foot pedals are kept clean and dry.

Introduction

Overview

This section contains information about:

- Power Requirements
- Service and Support Information

Thank you for purchasing the Paramount 6.85E. This manual will show you how to assemble, operate, and maintain your elliptical.

The manual is intended as a reference only. All warnings and cautions should be heeded when assembling, maintaining, or operating the elliptical. Contact a qualified service technician for any procedure that you cannot perform correctly, completely, and safely.

Follow all instructions carefully.

The 6.85E elliptical is a commercial elliptical intended for use in health clubs, gyms, physical therapy sites and related facilities. This manual will help you learn about and use the elliptical's features.

VISIT OUR WEB SITE REGULARLY: WWW.PARAMOUNTFITNESS.COM FOR UPDATES TO THIS MANUAL, IMPORTANT SAFETY NOTICES, MANDATORY SERVICE BULLETINS AND PRODUCT DESIGN ENHANCEMENTS. RETAIN THIS MANUAL FOR FUTURE REFERNCE.

Power Requirements

Electrical Specifications

If you have selected the wall powered option for your elliptical it will require 120 - 240 Volts AC, 50-60 Hz and approximately 85 watts.

Service and Support Information

This elliptical has specific requirements for maintenance and care. Contact Paramount Customer Service at 1-800-721-2121 or 1-323-721-2121 if you have an issue regarding maintenance, repair, or operation of the elliptical. Also, if you need to replace components on the elliptical, contact Paramount to order a replacement component.

The Paramount Customer Service line is available from 7:30 a.m. to 4:30 p.m. Pacific time Monday through Friday to answer your questions regarding the 6.85E. If you need assistance or service for the elliptical, a customer service representative can help you find a qualified repair technician in your area.

Initial Setup

Warnings

⚠ WARNING

1. Do not attempt any procedure unless you are qualified and properly equipped to perform the procedure properly and safely. Otherwise, contact an authorized service technician to service your elliptical.

2. The elliptical must be in position to operate smoothly and safely. Make sure that there is at least at least 1 meter [39 inches] of clearance behind the elliptical.

Overview

Initial setup of the elliptical is a four-part process. This section will show you how to perform the following procedures:

- Identify Parts
- Assemble the elliptical
- Level the elliptical
- Perform a Visual Inspection

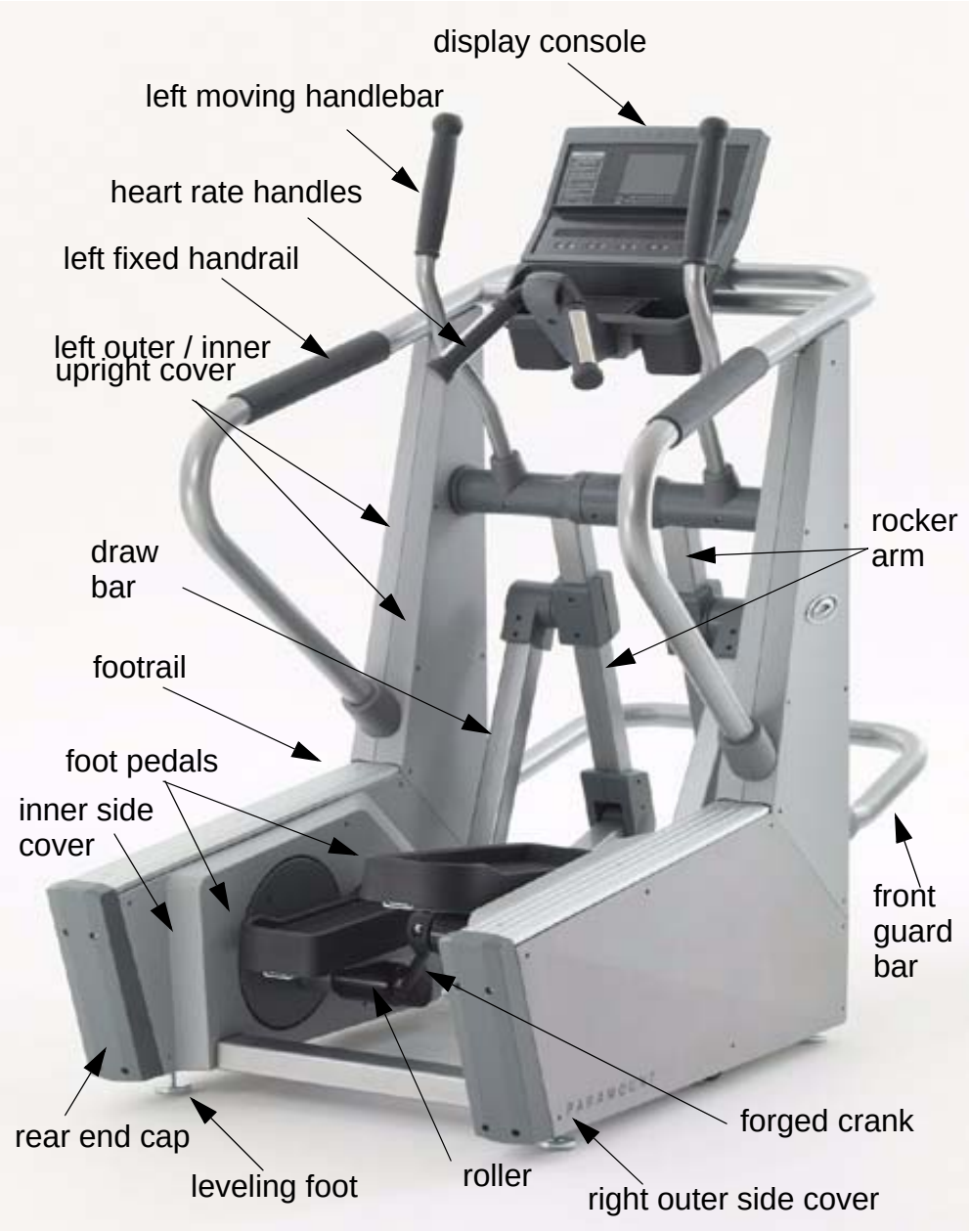
Tools Needed - The following tools are needed but are not included:

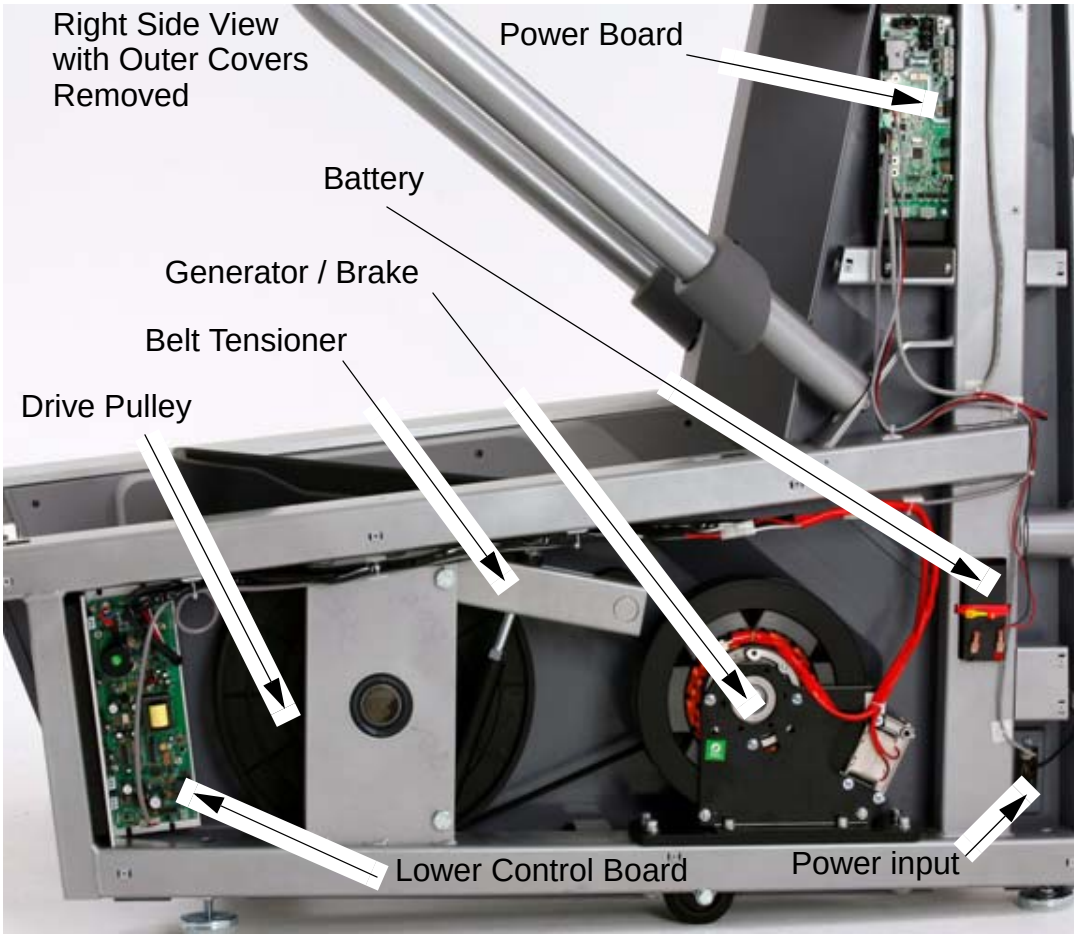
- Metric allen wrenches - 3mm, 5mm and 6mm.
- Open end wrench 13 mm.
- Phillips head screw driver.

Hardware - Note: There will be extra hardware in the package.

Part #	Description	Qty	Part #	Description	Qty
CC-34-038	M8 SHCS x 12mm	6	CC-36-011	M6 washer	8
CC-36-002	M8 Lockwasher	9	CC-36-012	M6 lockwasher	8
CC-34-009	Self tap screws	18	CC-34-052	M8x20mm HHCS	3
CC-36-007	M4 washers	12	CC-36-001	M8 washer	3
CC-36-008	M4 lockwashers	4	E1-24-018	Molded Boot	2
CC-34-035	M4 x 12mm SHCS	4	E1-25-011	Rubber pad	1
CC-34-044	M6 x 12mm SHCS	8	E1-22-022	Aluminum Cap	2
			E1-24-041	Molded Boot	2

Identify the Parts of the Elliptical

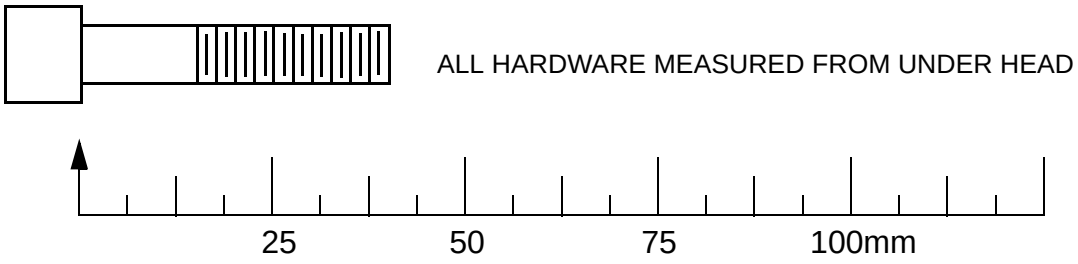




Assemble the elliptical

This section will show you how to install components to the elliptical:

- Install the Handlebars and Front Guard Bar
- Install the Display Console
- Connect Wiring



Install the Guard Bar

1. Slide the molded covers over the guard bar and then install the bar onto the front of the machine. Secure in position with 6 M8 x 12 socket head cap srews [shcs] and lock washers.

2. Slide the molded covers into position. The tab on the cover should mate up with the hole in the tube.

Move the Elliptical into Position

1. Move the elliptical into position in the facility. The unit may be lifted from the guard bar and the two handholds at the rear of the machine.

2. With the leveling feet screwed up into the machine, the machine may be rolled into position on the rollers beneath the unit.

3. Once in position, level the machine by adjusting all four leveling feert until they contact the floor.

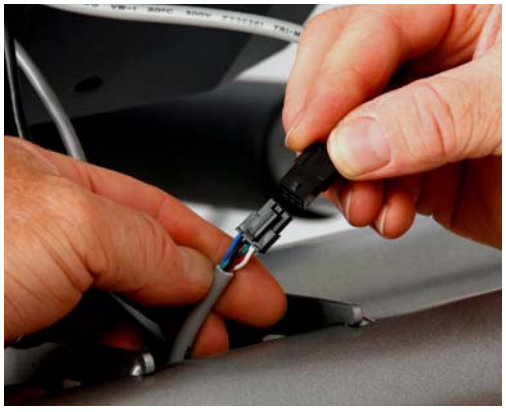
4. Install the rear end caps using 4 self threading screws and washers per end cap.

Mounting the Console Assembly

1. Position the console assembly as shown.

2. Secure the console with three M8 x 20 mm hex head cap screws, washers and lock washers.

3. Plug in the power board and heart rate cables.



4. Locate the black USB cable mounted in the console tray.

5. Install the USB cable into the USB port on the back of the CPU board. The white “bar” portion of the USB plug should be up as you make the connection. This connection allows you to up load new software as it becomes available.

6. Install the side plastic housings using the self threading screws.

7. Install the lower cover using the plastite screws.

8. Install the console drink holder using four M4 x 12 shcs washers and lockwashers. Remove the backing from the rubber pad and install it the recessed area. Note: If installing the wireless entertainment remote, do not install the rubber pad.

Installation of Moving Handlebars

1. Slide a molded cover over the end of each moving handlebar. Note that the handle bars are identified as “right” and “left” . Install the handlebars four M6 x 12 shcs and lockwashers. Do not install a screw in the top hole on the user side.

2. Slide the cover down into position and secure with one more M6 x 12 shcs.

3. When installed properly the handles will be angled outwards on each side of the machine.

4. If the moving handlebar option is not desired, install the aluminum caps and covers as shown using one M6 x 12 shcs per cover.

Install Optional Power Supply

1. The 6.85 E is a self powered machine, however, an optional wall power supply is available. When plugged into this supply the display will be continuously illuminated. If this option is to be installed, place it onto the base cross tube as shown and secure it in position using the ties provided.

2. Plug the supply into the plate on the inside cover of the elliptical as shown and then into the wall. Manage the excess cord with wire ties and clips as shown.

Perform a Visual Inspection

1. Make sure that the power cord from the optional power supply [if installed] is routed away from the elliptical and can not be tripped on.
2. Make sure that the elliptical is in a dry location.
3. Make sure that the elliptical is level. All four corners must be in contact with the floor.
4. Make sure that there is enough clearance behind the elliptical so that individuals passing by do not come in contact with the moving foot pedals. There should be at least 39'' [1 meter] beyond the furthest travel of the foot pedal or 50'' [1.3 Meter] from the rear end caps.

Manager’s Menu and Statistics

Overview

This section contains information for:

- Manager Mode
- Statistics

Manager Mode allows staff to set advanced settings that affect the use of the ellip-ticalby the everyday user. Such settings would include length of workout, display settings, and measurement units.

NOTE
The 6.85E has the capability of displaying custom graphics, such as a club logo, on the startup screen. To use this capability contact Paramount Customer Service at 1-800-721-2121.

Manager’s Menu

Manager’s Menu includes the following options, in order:

- Set Language
- Set Maximum Workout Time
- Set Goal Count Down or Count Up
- Set LED Display Intensity
- Set English or Metric Units
- Set Pause Time
- Set Cool Down Time
- Input Custom Programs
- Set Heart Rate Selection

Access Manager’s Menu

1. Go to the startup screen.
2. Press and hold the Time Remaining up [4], Level up [6], and Distance up [8] buttons, then select **Easy Start**.
3. After a brief pause the Welcome screen should appear.

Navigating Manager’s Menu

1. To cycle through the options in the Manager’s Menu, select **Enter** until you reach the appropriate settings screen.
2. Select **Go Back** to return to previous screen.

Welcome to the Manager's Menu - Ver. 0.01
Press Enter to continue
Go Back
Enter
Target Heart Rates
Cardio 160 152 144 136 128 120 112 104
Weight Loss 130 123 117 110 104 97 91 84
AGE 20 30 40 50 60 70 80 90

Set Language

1. Select **+** or **—** to change the current language setting. The default language is English.
2. Select **Enter** to confirm.

Set Maximum Workout Time

1. Use the numeric keypad or the up and down Time Remaining buttons to enter the time limit for individual workouts. The default setting is 60 minutes [not including cool down time].
2. Select **Enter** to confirm.

Set Goal Count Down or Goal Count Up

1. Select **+** or **—** to change to Goal count up or Goal count down. The default setting is Goal count down. [This is only applicable for Distance and Calorie goals.]
2. Select **Enter** to confirm.

Goal count down
Press Enter to accept
+
—
Go Back
Enter
Target Heart Rates
Cardio 160 152 144 136 128 120 112 104
Weight Loss 130 123 117 110 104 97 91 84
AGE 20 30 40 50 60 70 80 90

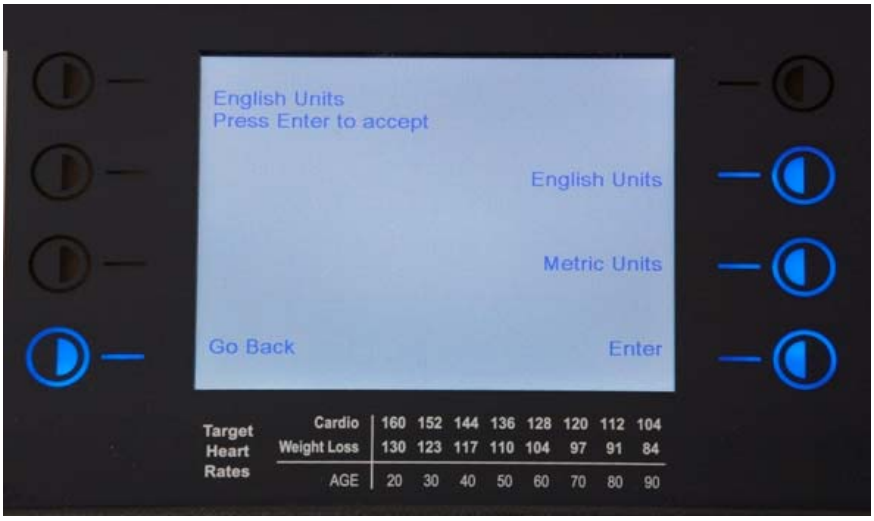
Set LED Display Intensity

When entering settings for a workout the primary goal settings will display brighter on the console. The secondary settings will display dimmer. This allows the user to distinguish the primary and secondarygoal settings from secondary settings.

1. The Time Remaining readout displays the primary display brightness. Use the up and down buttons to adjust the brightness.
2. The Level readout displays the secondary display brightness. Use the up and down buttons to adjust the brightness.
3. Select **Enter** to confirm.

Set English or Metric Units

1. Select **+** or **—** to change to English or Metric units. The default setting is English units.
2. Select **Enter** to confirm.


English Units
Press Enter to accept
English Units
Metric Units
Go Back
Enter
Target Heart Rates
Cardio 160 152 144 136 128 120 112 104
Weight Loss 130 123 117 110 104 97 91 84
AGE 20 30 40 50 60 70 80 90

Set Pause Time

1. Use the numeric keypad or arrow keys to enter the Pause time for the elliptical. This is the time that the elliptical will maintain the current user's settings before resetting. The default setting is one minute for pause time.
2. Select **Enter** to confirm.

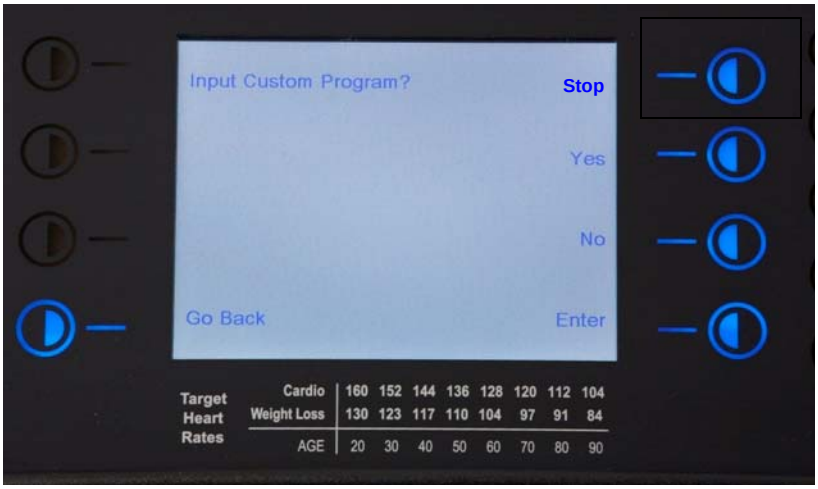
Set Cool Down Time

The elliptical will enter Cool Down mode at the end of most workouts. In Cool Down the elliptical will decrease workout intensity, allowing the user to cool down. Cool Down time is added at the end of the workout, thus a user might exceed the maximum workout time in Cool Down.

1. Use the numeric keypad to enter the Cool Down time for the elliptical.
2. Select **Enter** to confirm.

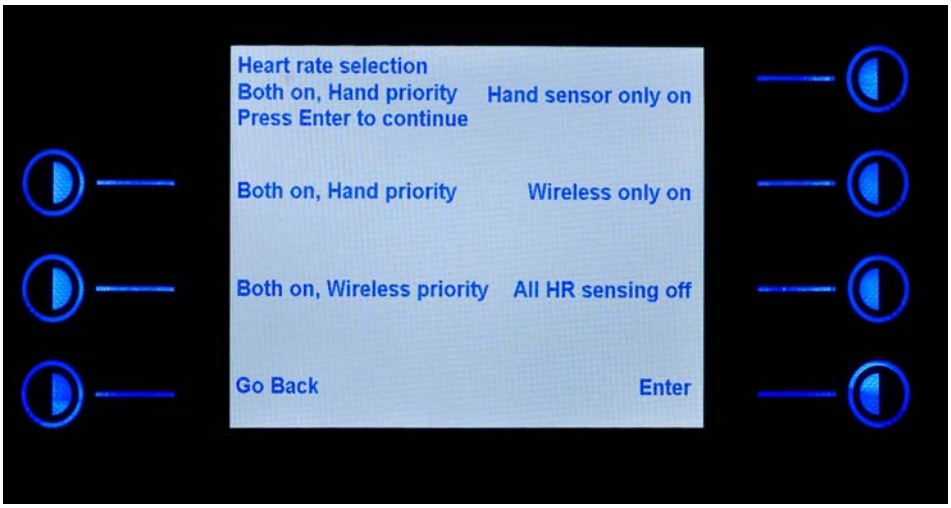
Input Custom Program

1. To create a new custom program select **Yes**.
2. Select either (1) to learn the program by actually performing the program as desired, or (2) to input program segments
   a. If (1) is selected to learn, the program will start an Easy Start program. Adjust the level parameter when desired in the program. Continue adjusting as desired for the duration of the program. Press **Stop** to end programming.
   b. If (2) is selected to input, the screen will come up with a default levels, and segment duration. Change any of these parameters to establish the workout parameters for the first program segment then select **Enter** to accept. Repeat this procedure until all desired program segements have been input.
3. The new program can be stored as a custom program number via the keypad, or by scrolling through the alphabet using the illuminated up and down arrow keys to get to the desired letter and then selecting **Enter**, repeating this until the desired title is spelled out. Select **Stop** to move to the next screen.


Input Custom Program?
Stop
Yes
No
Go Back
Enter
Target Heart Rates
Cardio 160 152 144 136 128 120 112 104
Weight Loss 130 123 117 110 104 97 91 84
AGE 20 30 40 50 60 70 80 90

Set Heart Rate Selection

1. To change the heart rate selection select one of the options:
   -Both on, Hands priority
   -Both on, Wireless priority
   -Hand sensor only on
   -Wireless only on
   -All HR sensing off
   The default setting is Both on, Hands priority.
2. Select **Enter** to confirm.

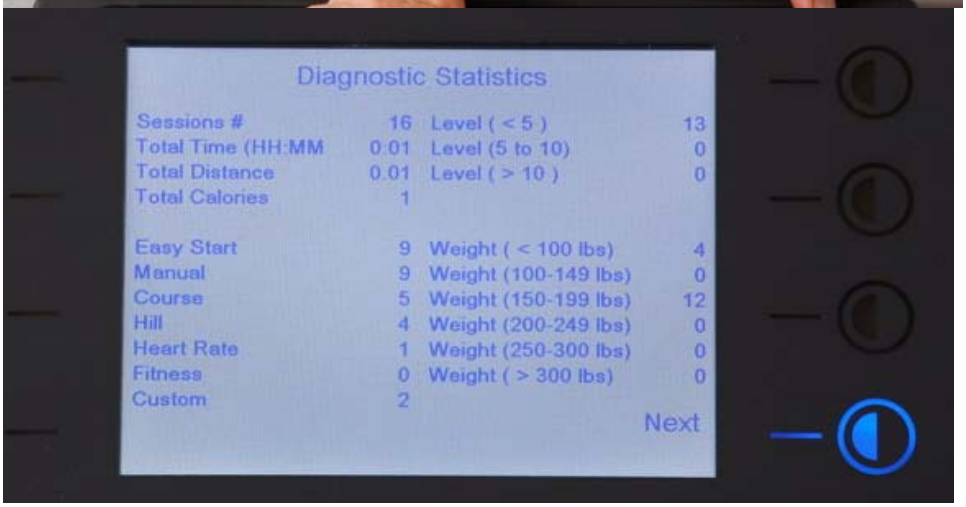


Statistics

Statistics provides information about the use of the elliptical, such as resistance level, user weight, duration, and so forth.

Access Statistics

1. Go to the startup screen.
2. Press and hold the Time Remaining down [3], Level down [5], and Distance down [7] buttons, then select **Easy Start**.
3. After a brief pause the Statistics screen should appear.



Basic Operation

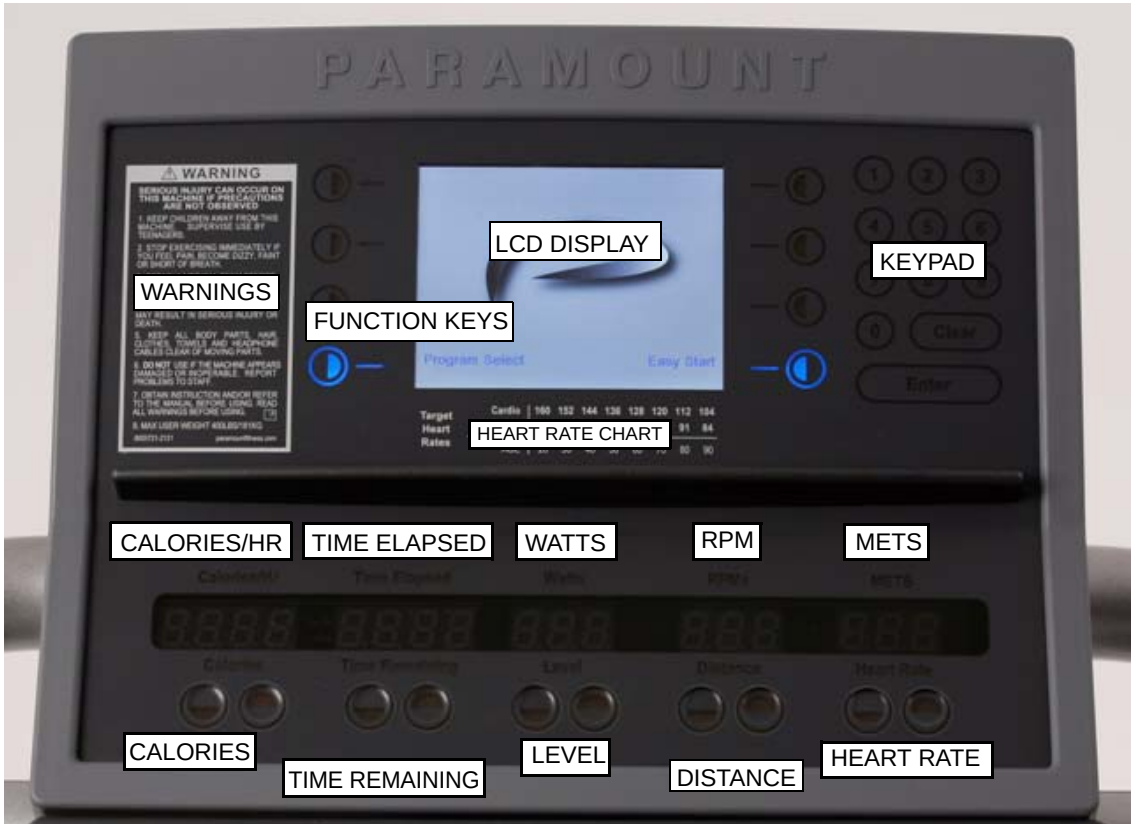
Overview

This section will show you how to use the following features:

- Display Console Panel
- Easy Start
- Programs
- Pause / Reset Operation

The 6.85E is a commercial elliptical with many functions and features to help your clients reach their fitness and health-related goals. This section will introduce you to the features available on the elliptical. It will also explain these features and how to use them.

Display Console Panel



Common Program Features

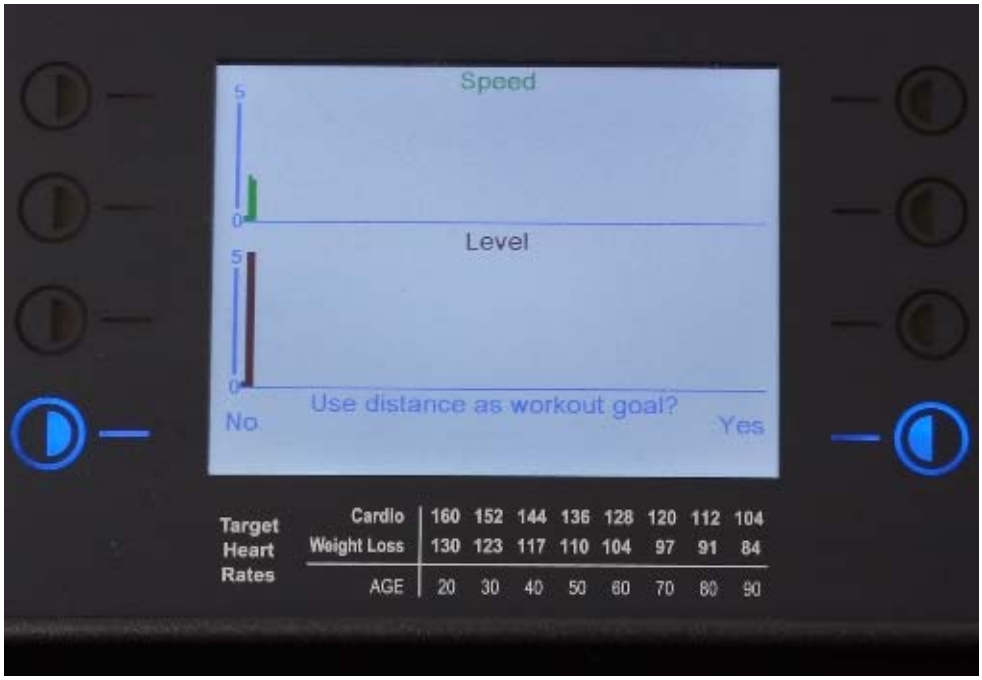
Several user convenience features are common to nearly all programs. These features are intended to make it easy and intuitive for users to customize their workout and to make changes as desired.

1. Intuitive Programming

During the initial programming of the workout the user is guided through the programming steps by backlighting on the console - only the information that the user needs for what they currently doing is illuminated. During programming, any information that is not needed for the program will not be illuminated. The user has the option of entering workout parameters either by incrementing using the up / down arrow keys, or by inputting a value on the keypad and pressing **Enter** to accept.

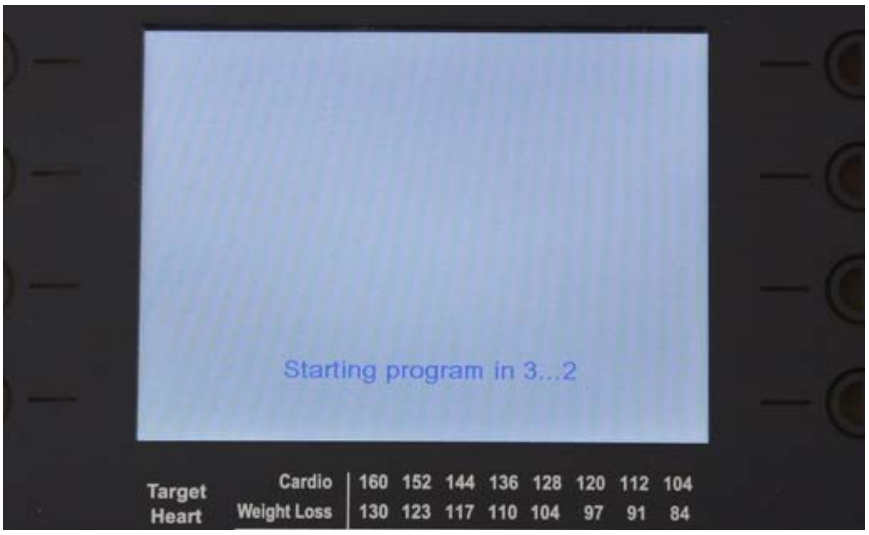
2. Alternate Goals

In most programs alternate goals are available for the user to select. These alternate goals are identified by dimly illuminated up / down arrow keys associated with that parameter display. These alternate goals can be selected either in the initial program set up, or at any time during the program by pressing either of the dimly illuminated arrow keys for the desired goal. The user is then prompted if they want to use that parameter as a new workout goal, and if they accept by pressing **Yes**, the new workout goal can be input with the arrow keys or via the keypad, and accepted by using the **Enter** key or by waiting 5 seconds for the value to be accepted.



3. Program Countdown

Once the user has input all the information necessary and the workout is ready to start, the display will show a 3 second countdown to notify the user that the program is about to start.



4. Changing Programs at Anytime

During any workout, the user can easily change programs by selecting the Change Program key at the lower left corner of the LCD display. Once that key is selected, the user is shown menus to select the program desired. If a program is selected that requires any information that was not previously input, the display will prompt the user for that information. Any information accumulated (distance, calories, time elapsed, etc.) continues to accumulate in the new program. The program that you are currently in is always displayed at the bottom of the screen.

Speed
Level
Change Program
Easy Start
Target Heart Rates
Cardio 160 152 144 136 128 120 112 104
Weight Loss 130 123 117 110 104 97 91 84
AGE 20 30 40 50 60 70 80 90

5. Weight Entry

Several seconds after the program has started the weight entry screen shown below will be displayed. For accurate calorie accumulation the user should enter their weight by using the + - keys next to the LCD or directly by entering their weight via the keypad and pressing **Enter** to accept. The default weight is 150 lb (68 kg). If no entry is received in 15 seconds, the default weight will be used for calorie calculation.

6. Changing Workout Parameters

Once the program has started, the numeric displays at the bottom of the console will alternate between showing the values for the parameters above and below the numerical displays. Note that Heart Rate will only be displayed if a telemetry chest strap is within range of the machine, or if the user is gripping the hand electrodes. Any time the up/down arrow keys below a workout parameter on the lower row are illuminated, that parameter can be selected and changed to a new value by pressing either the up or down arrow key. At this time the user also has the option to enter the new parameter via the keypad and pressing **Enter** to accept. If the arrow keys are used, the value entered will be accepted after 5 seconds or once the **Enter** key is pressed. Program controlled parameters (example - effort levels in the Course programs) can be overridden at any time by the user as described above. It should be noted that any effort level changes will act as an offset to all upcoming pre-programmed hills.

7. Workout Summary Screen

Once the program goal is reachedand the cool down (if any) at the end of the program is completed, the LCD will display a workout summary screen which shows the effort level and speed for the entire workout. The displays at the bottom of the console also show the total accumulated values for the entire workout regardless of program or goal changes.

8. Press to Reset

At any time during the programming or during the workout, the user can select the “Press to Reset” key. This will immediately take the user back to the starting screen to allow them to re-start a new program or end their workout.

9. Minimum RPM

The generator / brake drive system functions best when RPM levels are maintained above 25 RPM. Below this level the system may fail to output the correct resistance levels.

Easy Start

The Easy Start function is intended to allow the user to start a workout immediately without selecting programs or settings. This allows the user to begin a workout more quickly.

Use Easy Start

1. Grasp the fixed handrails for stability and step onto the pedals. Begin pedalling and wait for the display to illuminate. Select **Easy Start** by pressing the illuminated circle next to the screen.
2. Time remaining is the default goal for this program with a default value of 30 minutes.
3. Stop pedaling when finished with the workout and carefully step off of the machine.

Startup Screen

Workout Display

Programs

The 6.85E has several programs you can use to vary the user's exercise routine. These programs adjust the settings of the elliptical throughout the workout to simulate different running conditions.

These are the categories of programs:

- Manual Programs
- Heart Rate Programs
- Hill Programs
- Course Programs
- Custom Programs

Manual Programs
Manual programs allow the user to customize his or her workout to specification.

Heart Rate Programs
Heart Rate programs will monitor the user's heart rate and adjusts the effor level to maintain target heart rate goal.

Hill Programs
Hill programs will automatically adjust the effort level of the elliptical to provide a workout with elevation changes.

Course Programs
Course programs will simulate either a 5K or 10K course workout with automatic changes in effort level.

Custom Programs

Custom programs allow club personnel to program any workout profile desired for the club's users. Access for setting up the custom program is through the Manager's Menu, while the programs are accessed through the normal program selection screen.

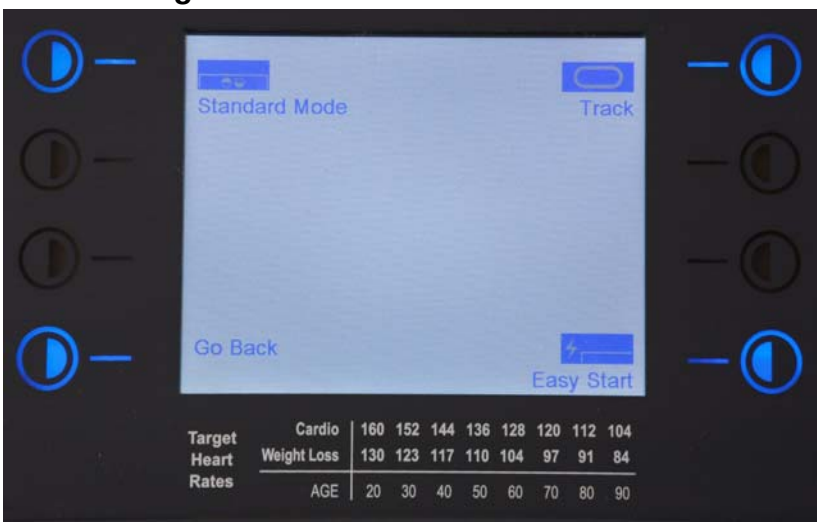
Select a Manual Program

1. Grasp the fixed handrails for support and step onto the pedals. Begin pedalling and wait for the display to illuminate. Select **Select Program**.
2. Select **Manual Programs**.
3. Select **Standard Mode** or **Track**.
4. Input your workout goal. Time is the default goal for Standard Mode; Distance is the default goal for Track.
5. Enter the resistance Level using the Level up and down buttons or the numeric keypad, then press **Enter**.
6. Once the program starts, the display for the standard mode shows graphs of user speed and effort level (see photo below). The Track program display is a depiction of a running track with the user's progress shown as a light green line and the number of laps completed shown in the center of the track.

Programs Menu

Manual Programs
Heart Rate Programs
Course Programs
Hill Programs
Custom Programs
Easy Start
Target Heart Rates
Cardio 160 152 144 136 128 120 112 104
Weight Loss 130 123 117 110 104 97 91 84
AGE 20 30 40 50 60 70 80 90

Manual Program Menu


Standard Mode
Track
Go Back
Easy Start
Target Heart Rates
Cardio 160 152 144 136 128 120 112 104
Weight Loss 130 123 117 110 104 97 91 84
AGE 20 30 40 50 60 70 80 90

Track Workout Display

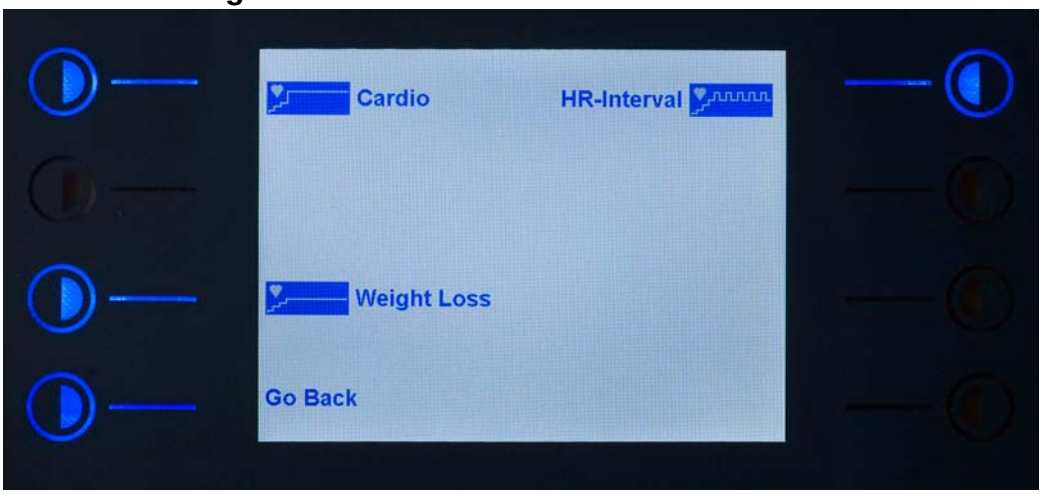
Standard Mode Workout Display

Select a Heart Rate Program

1. Grasp the fixed handrails for support and step onto the pedals. Begin pedalling and wait for the display to illuminate. Select **Select Program**.
2. Select **Heart Rate Programs**.
3. Select **Cardio**, **HR-Interval**, or **Weight Loss**. The Cardio program suggests a HR of 80% of the theoretical maximum for your age; the Weight Loss program suggests a HR of 65% of the theoretical maximum for your age ang the HR-Interval program alternates between these two target heart rates.
4. Enter your desired goal [time, distance or calories].
5. Enter your age using the numeric keypad or the + and - keys then press **Enter**.
6. The screen will display a suggested heart rate for your age. Press **Enter** to use the suggested heart rate, or use the numeric keypad to input a heart rate then press **Enter**. The HR-Interval program will suggest 2 heart rates for the user to accept or change.

7. To give the elliptical heart rate feedback grab and hold the electrodes on the heart rate bar, or use heart rate strap telemetry. Your heart rate will be displayed on the numeric display. The display will show three bars while the system is acquiring the heart rate. On the LCD graph, below target rate is graphed as a black line; within target heart rate as a green line and above target heart rate as a red line.

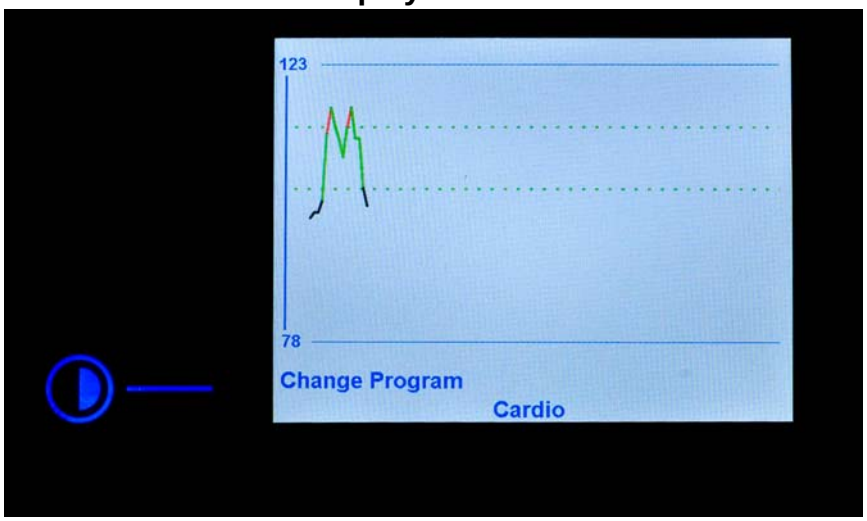
Heart Rate Program Menu



Enter Age

Confirm Target Heart Rate

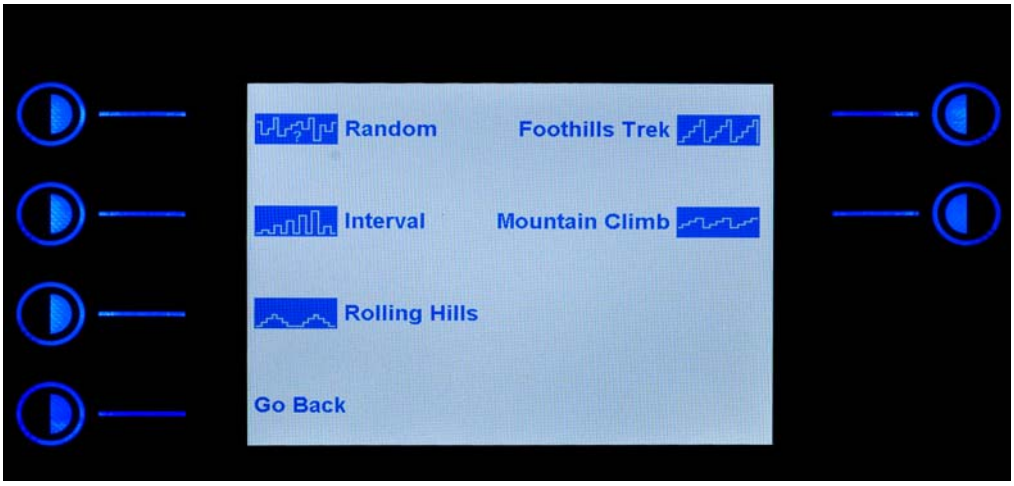
Heart Rate Workout Display



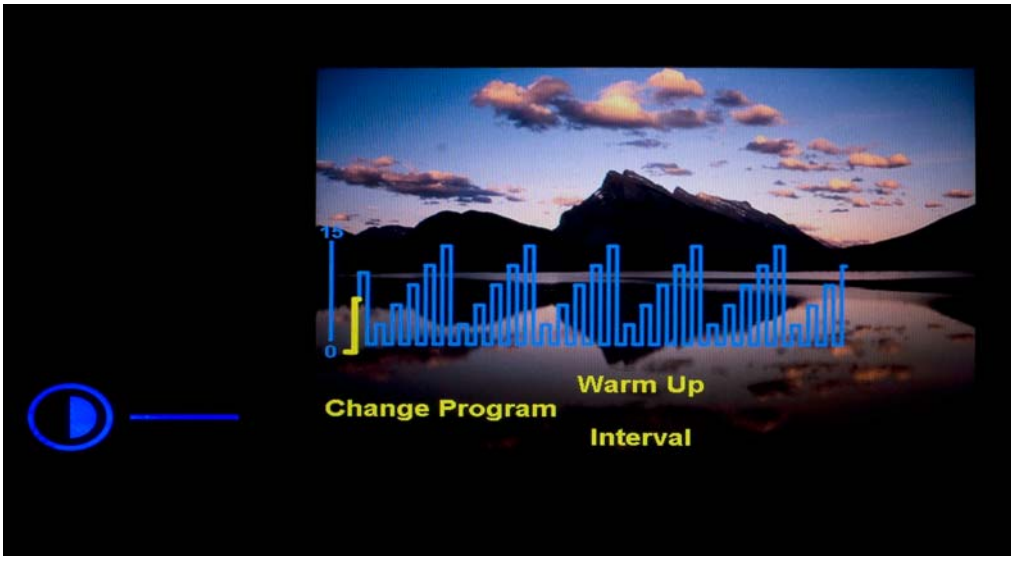
Select a Hill Program

1. Grasp the fixed handrails for stability and step onto the pedals. Begin pedalling and wait for the display to illuminate. Select **Select Program**.
2. Select **Hill Programs**.
3. Select **Random**, **Interval**, **Rolling Hills**, **Foothills Trek**, or **Mountain Climb**. The icon next to the program name gives a general indication of the hill profile.
4. Input Goal, then press **Enter**. Note that during a hill program the goal cannot be changed.
5. Enter the maximum resistance level desired for the workout, then press **Enter**. The resistance level will vary under control of the program during the workout.
6. The first portion of the workout will be a warm up. The display of the hill program will show the entire workout profile at once with the upcoming hills in blue and the completed hills in yellow. Once the goal or time has been attained then the cool down period (as set in the manager's menu) will begin.

Hill Program Menu



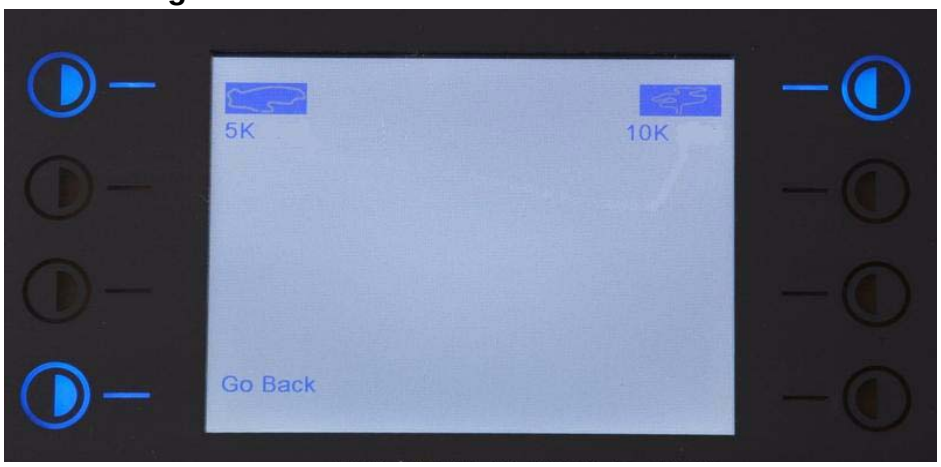
Hill Workout Display



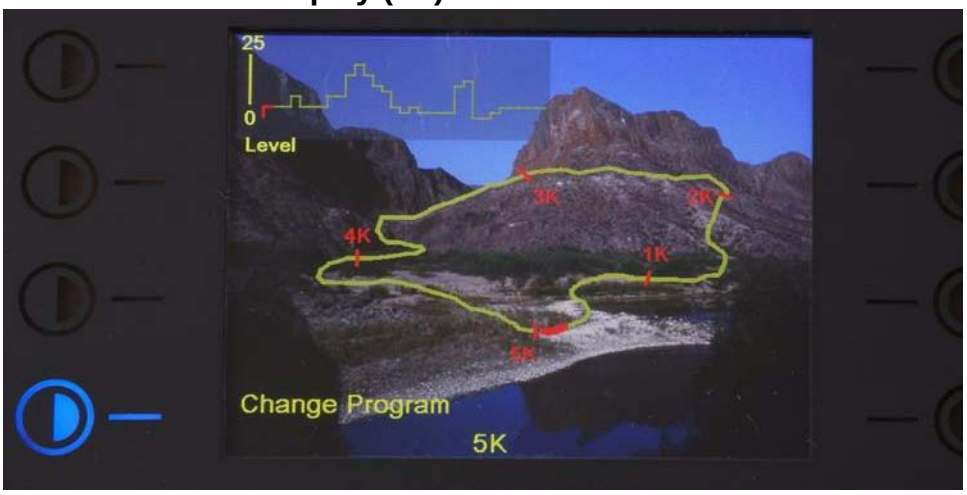
Select a Course Program

1. Grasp the fixed handrails for stability and step onto the pedals. Begin pedalling and wait for the display to illuminate. Select **Select Program**.
2. Select **Course Programs**.
3. Select **5K** or **10K** .
4. Input Goal, then press **Enter**.
5. The resistance Level is pre-set for the 5K and 10K course programs. During the workout the elliptical will automatically adjust its resistance settings. You can override the resistance settings during the workout by pressing the Level up and down buttons.
6. The display for the course program is a closed loop of either 5K or 10K (depending on program selected) with your progress on the course being shown by changing the yellow course line to red. There is also an effort level graph in the upper left corner of the LCD with the upcoming hills shown in yellow and the completed hills shown in red.

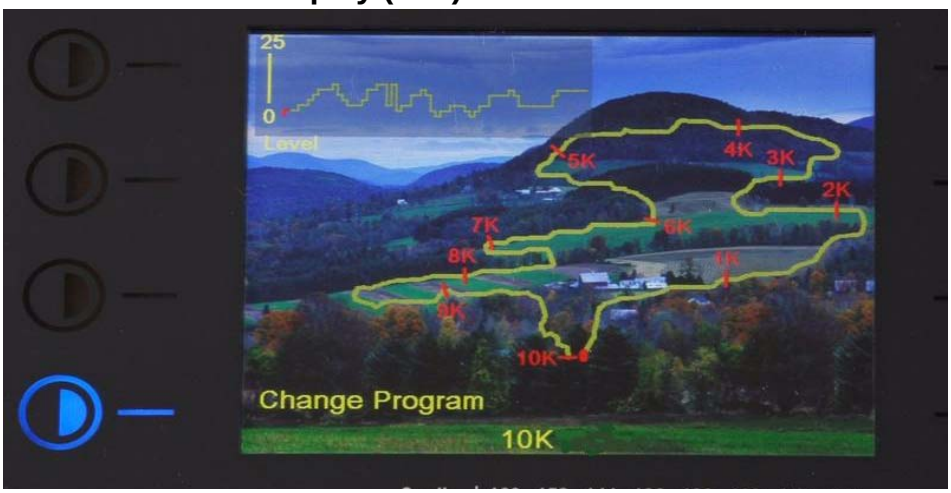
Course Program Menu



Course Workout Display (5K)



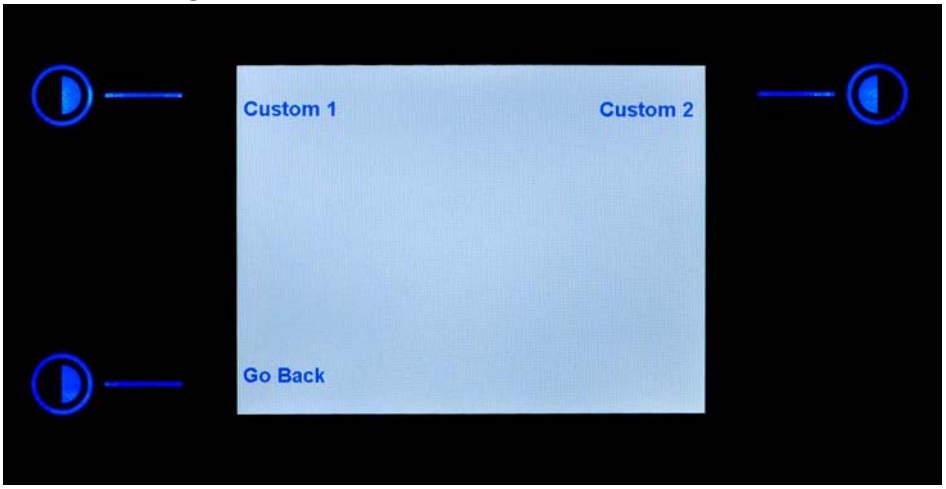
Course Workout Display (10K)



Select a Custom Program

1. Grasp the fixed handrails for stability and step onto the pedals. Begin pedalling and wait for the display to illuminate. Select **Select Program**.
2. Select **Custom Programs**.
3. Select one of the custom program listed on the screen.
4. Custom program parameters are programmed by the facility personnel and do not require any input from the user.
5. The display for the custom programs is the same as for the Standard Mode.

Custom Program Menu



Custom Program workout display

Pause Operation

The pause function allows the user to temporarily pause the operation of the elliptical without losing workout data or program settings. The user can simply stop pedalling, and when they resume pedalling they will continue their workout from where they left off. It should be noted that the pause time is set by the facility in the managers menu.

Using Pause Mode

1. Pause mode is entered any time that the user stops pedalling for a period of more than 5 seconds.
2. A message will appear on the LCD screen stating “Stride to Resume”. During the pause period the user may change programs or workout parameters as desired.
3. To re-start, the user begins pedalling and the workout begins where the program left off or, if changes were made during the pause period, with those new parameters or program selected. Workout data continues to accumulate from where the program left off.
4. Pause time is set in the Manager’s Menu. If the user does not start pedalling within the set pause period, the workout summary screen shows on the LCD and subsequently the machine returns to the start screen.

Basic Maintenance

Warnings

TO REDUCE THE RISK OF FIRE OR ELECTRIC SHOCK

Before performing any maintenance, power down and unplug the elliptical [if equipped with optional power supply].

Do not attempt any maintenance procedure unless you are qualified and properly equipped to perform the procedure properly and safely. Otherwise, contact a service technician to service your elliptical.

Be careful not to pinch your fingers when removing the covers and / or working on the drive system.

Overview

This section includes the following information:

- Maintenance Schedule
- Update software
- Drive Belt Adjustment
- Roller and Foot Tube maintenance.

The elliptical requires regular maintenance to ensure that it runs properly and smoothly. This is also necessary to extend the life of the elliptical and its components. Failure to complete routine maintenance can void your warranty.

Proper Maintenance

To ensure the safety and functionality of your elliptical remember the following:

- Regular maintenance is required to ensure the safety and proper operation of the elliptical.
- The owner/user of the elliptical is responsible for ensuring that the elliptical is properly maintained.
- Worn or damaged components on the elliptical may cause injury or further damage to the elliptical and must be repaired or replaced immediately.
- If the elliptical appears to be damaged take measures to ensure that no one uses the elliptical until it is repaired.
- Contact Paramount customer service at 1-800-721-2121 to order replacement components.
- Do not use components that are not approved for replacement.

Maintenance Schedule

It is recommended that the facility adopt a regular cleaning and maintenance schedule that the staff can follow. Following a cleaning and maintenance routine will ensure that the elliptical runs smoothly. Log and maintain any service records for the elliptical.

Daily

- Wipe down the draw bars, foot tubes, pedals and display console with a damp cloth and then dry the surfaces. You may find it helpful to use a soft brush on the foot pedals.
- Verify that the power cord [if so equipped] is routed free and clear of the frame and member foot traffic.
- Verify that the elliptical has the clearance required for safe operation.

Weekly

- Vacuum the area surrounding the elliptical.
- Check the moving handlebars and fixed handrails and foot pedals to see if they are loose. Tighten if necessary.
- Lift the foot tubes and wipe off the underside of the tube and the contact roller surface with a soft cloth.
- Plastic covers may be cleaned with Simple Green or Fantastic
- Do Not use alcohol or Windex to clean the display console. Only use a soft cloth or lint free cloth to wipe clean the LCD display area.

Update Software

Please visit the Paramount Web site at www.paramoutfitness.com regularly to check for any program updates that may be available. To update the elliptical software, the available update will need to be accessed via a computer with web access to a USB memory stick having at least 10 MB of available memory. Details will be available on the Web site.

Once you have the USB flash drive with the software update stored on it, you can use it to update the elliptical's software.

Update elliptical software

1. **Unplug the optional power supply if so equipped.** Locate the USB port**.** The USB port is under the console tray assembly.

2. **Wait for the display console to go dark.** Insert the USB flash drive into the USB port.

3. **Replug in the optional power** supply [if equipped]. Wait for the software to load, up to five minutes. The elliptical screen will appear blank until the software has finished loading. During this time period if there is a light on the USB drive it will flash. After the upload is complete the startup screen will illuminate.
4. **For self powered units**: Step onto the machine and begin pedaling. Continue pedaling, DO NOT STOP, at approximately 40 - 50 RPM while the software uploads - this will take 4 - 5 minutes. The screen will be blank for this period of time. During this time period if there is a light on the USB drive it will flash. When the software is uploaded the startup screen will apperar. **If a Paramount Elliptical power supply is available, it is strongly recommended that it be used for this function.**
5. **Remove the flash drive.** Step onto the machine and begin a workout program.

Drive Belt Tensioning

Proper belt tensioning ensures that the drive system opperates smoothly and efficiently with out slippage.

1. Remove the 6 screws holding the outer upper right cover in place. Carefully lift the cover out of the way.

2. Remove the right rear end cap.

3. Remove the 3 screws holding the right footrail in place and remove the footrail.

4. Remove the screws holding the right outer cover in place and remove the outer cover. These 4 steps are also done to service any of the lower electronics associated with the elliptical.

5. Loosen the locking nut using a 3/4’’ [19mm] open end wrench.

6. If the drive belt is slipping tighten the tensioning belt. To achieve proper belt tension, have someone observe the generator / brake while someone else pedals the elliptical [under load] and then abruptly stops pedaling. The generator / brake should stop moving at the same time as the drive pulley if the belt is tensioned properly. Once tensioned, retighten the locking nut.

7. Carefully reinstall the outer cover. Align the edges and the grooves of the front end first and loosely install the screws in this area. Now align and install the remainder of the screws. Tighten the screws only after all have been installed.

8. Reinstall the footrails.

9. Align and reinstall the top outer cover.

Cleaning Foot Tubes and Rollers

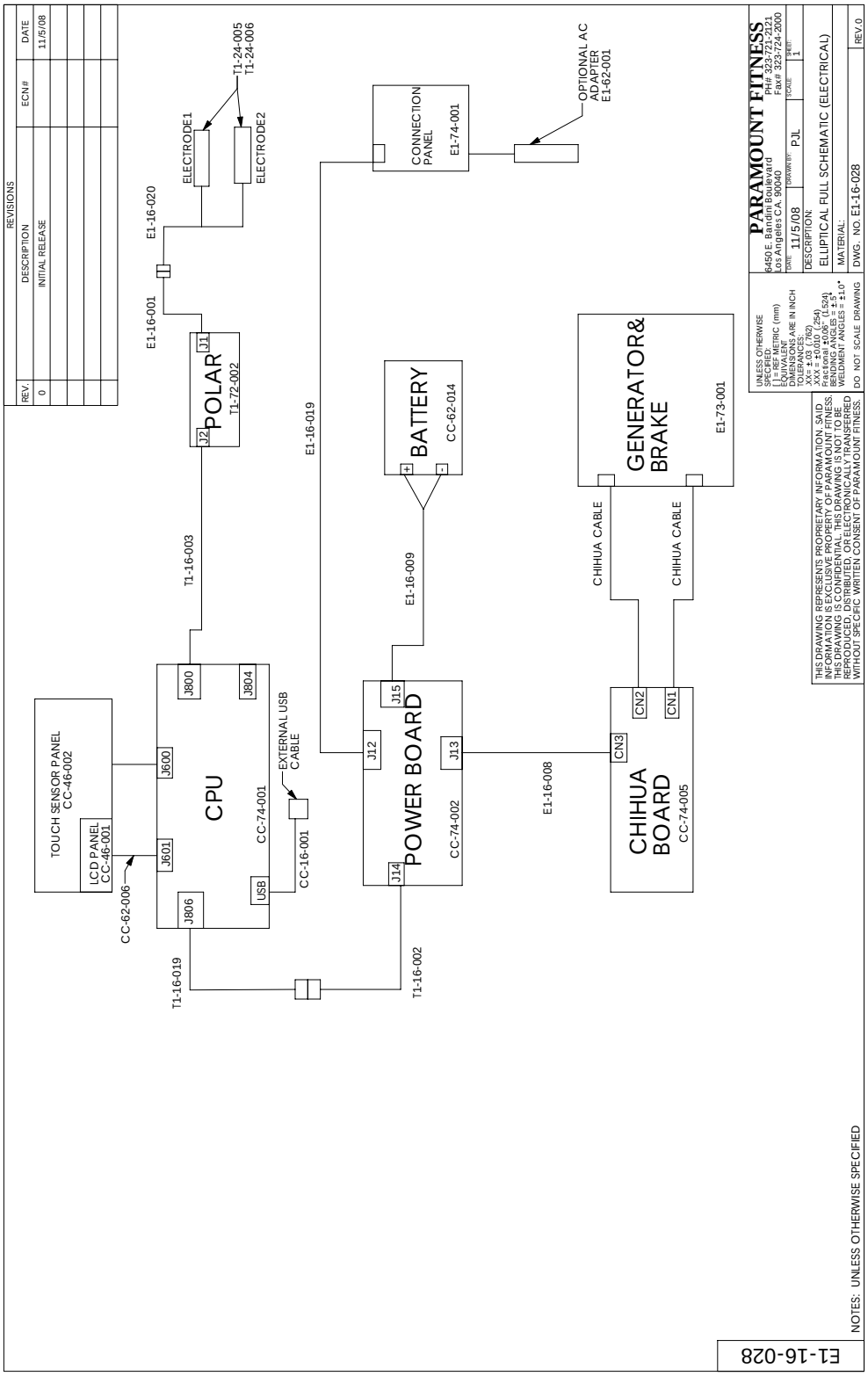
1. Lift and support the foot tube with one hand and wipe off the lower surface with a clean soft cloth. If needed the surface can be polished polishing compound.

2. With the foot tube supported, wipe off the surface of the roller.

Serviceable Parts List

PART / ASSEMBY NUMBER	DESCRIPTION	QUANTITY
CC-61-014	Drive Belt	1
E1-21-009 D 285 [2ea]	Drive belt tension wheel	1
E1-24-005	Pedals	2
E1-25-001	Moving handle bar grips	2
E1-11-005	Rollers	2
D 132	Retaining ring	2 per axle
E1-21-047	Roller spacer	1
T1-24-005 / T1-24-006	Hear Rate electrodes	2 sets
E1-25-011	Neoprene Pad	1

Electrical Wiring Schematic



Wiring Key

Part #	Description	Qty.
CC-62-006	CPU to front console cable	1
T1-16-003	CPU to HR board cable	1
T1-16-009	Upper CPU control cable	1
T1-16-002	Lower CPU control cable	1
E1-16-001	Console HR electrode cable	1
E1-16-020	HR electrode cable	1
E1-16-019	Lower panel cable	1
E1-16-009	Battery cable	1
E1-16-008	Power board to brake control board	1
CC-16-001	USB cable	1

Additional Information

Please refer to Paramount's Web site, www.pramountfitness.com, for detailed schematics illustrating additional parts and their locations. Contact the Paramount website and Customer Service for parts and assemblies specific to other voltages or installation locations.